**What’s on, Shetland **

**January 2025 Happy New Year**

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them.

We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options. Contact:

**Dementia Advisor:** Alanda Anderson 01595 720344/07760177049/ aanderson@alzscot.org

**Community Activities Organiser:** Linda Hughson 01595720343/07795256424/ lhughson@alzscot.org

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|  **In Person Group**  |
| **Wednesday’s**  **8th Up Helly Aa** **22nd****Up Helly Aa****Reminiscence, crafts,** |  **Museum socials**  **Hays Dock, Lerwick**    Shetland Museum visit, explore heritage themes With tea/coffee  |  |  **14.00 – 15.30** |
|  **Thursday’s -**  **9th,  16th,** **23rd & 30th** |  **Grief group**  **DRC, 66 Burgh Road, Lk.** Come have a cuppa and an informal chat. |  |  **11.45 – 13.00** |
|  **TLC talks – Carers group** **DRC, 66 Burgh Road, Lk**. |  |  **13.00 – 14.30** |
| **Thursday’s – 9th, 16th,23rd, & 30th**  | **DRC Drop-in**  **DRC, 66 Burgh Road, Lerwick** |  |  **14.30 – 15.30** |
| **Friday’s –** **10th,****17th, 24th & 31st**  | **Shanty Sing Along****Staney Hill Hall, Ladies Drive, Lerwick**Good fun and chat with soup, a cuppa and fancies |  |  **13.30 - 15.30** |



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| **Dementia Inclusive Activities and Events in Shetland**  |  |
| **Living Well Hub** **From 8th \_ January -** | Do you have a question about services in Shetland and how you can access them? Drop in for a cuppa and a chat with Rita and Theresa at: * **Scalloway** **Youth Centre every 2nd Wednesday from 14.00 -16.00**
* **Speldiburn Café, Bressay** **School every 2nd Wednesday 09.15 – 11.15**
* **Brae Youth Centre on Fridays from 10.00 -16.00**
* **Cullivoe Hall, Yell, last Tuesday of month (school term) 12.00 – 14.00**

 **For more Information Call 01595 744120** livingwellhub@shetland.gov.uk  |
|  **The Well**  | **Worship Experience for Later Life** Held the first Wednesday of each month at Lerwick Methodist Church, Hillhead, Lerwick  | **14.00 - 15.00**  |
|  **Cuppa at Quoys**  | Enjoy some cake and a cuppa every Tuesday morning atLerwick Baptist Church, Quoys, Lerwick  | **10.00 - 12.00**  |
| **Paths for All** **Health Walks**  |  Dementia Friendly Walk Leaders organise weekly walks in different locations across  Shetland **For more information contact Krissi Sandison:** 01595 807494 / 07824477225  |
| **Shetland Befriending****17th January** |  Tea & Cake - Social get together, come chat and make new friends**, Islesburgh community centre,**  **King Harald street, Lerwick**  | **14.30 – 16.00** |
| **Yarners Group**  | Thursday afternoon reminiscence sessions (Cuppa & Chat) Hoswick Visitor Centre, Sandwick  Please check details with the centre on 01950 431406 before you set off.  | **14.30 - 16.00**  |

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| **ONLINE** |
| **Can’t make it to a group in person?** Check out Alzheimer Scotland virtual Resource centre (VRC), an online space where you can access online groups, activities and information sessions all from the comfort of your own home. **Find out more and see the latest Virtual Resource Centre What’s on Guide: www.alzscot.org/virtual-resource-centre-0** |

**For further information about any of our groups please contact us:**

**Dementia Advisor:** Alanda Anderson 01595 720344/07760177049 /aanderson@alzscot.org

**Community Activity Organiser:** Linda Hughson 01595 720343/07795256424/lhughson@alzscot.org

**Commissioned Service Lead:** Catriona MacRitchie 07824561305 cmacritchie@alzscot.org

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Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page https://www.justgiving.com/fundraising